

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						New Year's Day 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	Martin Luther King Jr. Day	18	19	20	21	22
23/30	24/31	25	26	27	28	29

# January



## Spirituality: Find the strength within.

- Keep a journal. Write down how you feel and include one positive thing about each day.
- Begin or end your day with a five-minute meditation.
- List three things you would like to do to simplify your life.
- Take a class in a subject that interests you, such as dance or art.
- Take part in your community's volunteer work—it can enrich your life as well as your heart.

## Notes

---

---

---

---

---

---

---

---

---

# 1

Saturday

New Year's Day

# January



2

Sunday

3

Monday

4

Tuesday

5

Wednesday

6

Thursday

7

Friday

8

Saturday

# January

---

9

Sunday

---

10

Monday

---

11

Tuesday

---

12

Wednesday

---

13

Thursday

---

14

Friday

---

15

Saturday

---

# January

---

16

Sunday

---

17

Monday

Martin Luther King Jr. Day

---

18

Tuesday

---

19

Wednesday

---

20

Thursday

---

21

Friday

---

22

Saturday

---

# January

---

23

Sunday

---

24

Monday

---

25

Tuesday

---

26

Wednesday

---

27

Thursday

---

28

Friday

---

30

Sunday

---

29

Saturday

---

31

Monday

---

# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Groundhog Day			
		1	2	3	4	5
			Chinese New Year			Lincoln's Birthday
6	7	8	9	10	11	12
	Valentine's Day					
13	14	15	16	17	18	19
	President's Day	Washington's Birthday				
20	21	22	23	24	25	26
27	28					

# February



## Weight Management: Vital for long-term wellness.

- Set practical short-term and long-term weight goals.
- When eating out, select foods that are steamed, broiled, baked, or grilled.
- Calories count! Keep track of how many calories you take in each day.
- Eat before you get too hungry to avoid overeating or snacking on unhealthy foods.
- Select a mix of colorful fruits and vegetables each day to get the nutrients your body needs.

---

1

Tuesday

---

2

Wednesday

Groundhog Day

---

3

Thursday

---

4

Friday

---

5

Saturday

---



# February

6

Sunday

7

Monday

8

Tuesday

9

Wednesday

Chinese New Year

10

Thursday

11

Friday

12

Saturday

Lincoln's Birthday

# February

---

13

Sunday

---

14

Monday

Valentine's Day

---

15

Tuesday

---

16

Wednesday

---

17

Thursday

---

18

Friday

---

19

Saturday

---

# February

---

20

Sunday

---

21

Monday

President's Day

---

22

Tuesday

Washington's Birthday

---

23

Wednesday

---

24

Thursday

---

25

Friday

---

26

Saturday

---

# February

27

Sunday

28

Monday

## Notes

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	St. Patrick's Day	18	19
Spring begins Palm Sunday	21	22	23	24	Good Friday	26
20	21	22	23	24	25	26
Easter	28	29	30	31		
27	28	29	30	31		

# March



## Physical Activity: Stay active. Live longer.

- Take a walk during your mid-morning, lunch, and mid-afternoon breaks.
- Encourage your family and friends to support and join you in your activities.
- Ease into an exercise routine.
- Aim for 30 minutes of physical activity each day, such as walking, jogging, or swimming.
- Instead of talking on the phone with a friend, make a date to walk and talk.

---

1

Tuesday

---

2

Wednesday

---

3

Thursday

---

4

Friday

---

5

Saturday

---

# March



6

Sunday

7

Monday

8

Tuesday

9

Wednesday

10

Thursday

11

Friday

12

Saturday

# March

---

13

Sunday

---

14

Monday

---

15

Tuesday

---

16

Wednesday

---

17

Thursday

St. Patrick's Day

---

18

Friday

---

19

Saturday

---



# March

---

20

Sunday

Spring begins  
Palm Sunday

---

21

Monday

---

22

Tuesday

---

23

Wednesday

---

24

Thursday

---

25

Friday

Good Friday

---

26

Saturday

---

# March

---

27

Sunday

Easter

---

28

Monday

---

29

Tuesday

---

30

Wednesday

---

31

Thursday

---



# APRIL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Daylight Savings begins						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Passover						
24	25	26	27	28	29	30

# April



## Alcohol Use: Know your limits.

- Substitute non-alcoholic versions of drinks.
- Don't drink and drive, or ride in a car if the driver has been drinking.
- Learn the warning signs of alcoholism. Visit [www.niaaa.nih.gov](http://www.niaaa.nih.gov).
- Know your limit. Alcohol doesn't solve problems; it can add to them.
- Volunteer to be the designated driver.

## Notes

---

---

---

---

---

---

---

---

# 1

Friday

---

# 2

Saturday

---

# April



---

3

Sunday

Daylight Savings begins

---

4

Monday

---

5

Tuesday

---

6

Wednesday

---

7

Thursday

---

8

Friday

---

9

Saturday

---

# April

---

10

Sunday

---

11

Monday

---

12

Tuesday

---

13

Wednesday

---

14

Thursday

---

15

Friday

---

16

Saturday

---



# April

---

17

Sunday

---

18

Monday

---

19

Tuesday

---

20

Wednesday

---

21

Thursday

---

22

Friday

---

23

Saturday

---

# April

---

24

Sunday

Passover

25

Monday

26

Tuesday

27

Wednesday

28

Thursday

29

Friday

30

Saturday

---



# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Mother's Day						
Celebrate National Women's Health Week (May 8-14). Get a checkup!						
8	9	10	11	12	13	14
						Armed Forces Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	Memorial Day					
29	30	31				

# May



---

1

Sunday

---

2

Monday

---

3

Tuesday

---

4

Wednesday

---

5

Thursday

---

6

Friday

---

7

Saturday

---

# May

8

Sunday

Mother's Day  
National Women's Health Week Begins (May 8-14)

9

Monday

10

Tuesday

11

Wednesday

12

Thursday

13

Friday

14

Saturday

# May

---

15

Sunday

---

16

Monday

---

17

Tuesday

---

18

Wednesday

---

19

Thursday

---

20

Friday

---

21

Saturday

---

Armed Forces Day

# May

---

22

Sunday

---



23

Monday

---

24

Tuesday

---

25

Wednesday

---

26

Thursday

---

27

Friday

---

28

Saturday

---

# May

---

## 29

Sunday

---

## 30

Monday

Memorial Day

---

## 31

Tuesday

---



### Mental Health: Lower your stress.

- Don't be afraid to ask for help if you feel overwhelmed.
- Schedule a 10-minute break every day to remove yourself from a stressful environment.
- Try one relaxing thing each day—take a bubble bath, read a chapter of a book, or listen to music.
- Focus on your own health needs; you know best what you can and cannot do.

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	Flag Day	15	16	17	18
Father's Day	20	Summer begins	22	23	24	25
26	27	28	29	30		

# June



## Responsible Sexual Behavior: Think before you act.

- If you choose to become sexually active, know your partner's sexual history and get tested for STDs, including HIV. Ask your partner to do the same.
- Seek advice from your health care provider about responsible sexual behavior.
- Seek counseling if you or someone you know has been sexually abused.

---

1

Wednesday

---

2

Thursday

---

3

Friday

---

4

Saturday

---



# June

5

Sunday

6

Monday

7

Tuesday

8

Wednesday

9

Thursday

10

Friday

11

Saturday

# June

---

12

Sunday

---

13

Monday

---

14

Tuesday

Flag Day

---

15

Wednesday

---

16

Thursday

---

17

Friday

---

18

Saturday

---

# June



---

19

Sunday

Father's Day

---

20

Monday

---

21

Tuesday

Summer begins

---

22

Wednesday

---

23

Thursday

---

24

Friday

---

25

Saturday

---

# June

---

26

Sunday

---

27

Monday

---

28

Tuesday

---

29

Wednesday

---

30

Thursday

---



# JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	Independence Day	4	5	6	7	8
9						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

# July



## Drug Abuse: Use and you lose.

- Take medications only as directed by your doctor or pharmacist.
- Set a good example. Your children will follow your behavior, not just your explanation.
- Call SAMHSA at 800-729-6686 for referrals to a community support group or treatment organization.

### Notes

---

---

---

---

---

---

---

---

# 1

Friday

---

# 2

Saturday

---

# July



---

3

Sunday

---

4

Monday

Independence Day

---

5

Tuesday

---

6

Wednesday

---

7

Thursday

---

8

Friday

---

9

Saturday

---

# July

---

10

Sunday

---

11

Monday

---

12

Tuesday

---

13

Wednesday

---

14

Thursday

---

15

Friday

---

16

Saturday

---



# July

---

17

Sunday

---

18

Monday

---

19

Tuesday

---

20

Wednesday

---

21

Thursday

---

22

Friday

---

23

Saturday

---

# July

---

24

Sunday

---

25

Monday

---

26

Tuesday

---

27

Wednesday

---

28

Thursday

---

29

Friday

---

30

Saturday

31

Sunday

---

# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	Women's Equality Day	27
28	29	30	31			

# August



---

1

Monday

---

2

Tuesday

---

3

Wednesday

---

4

Thursday

---

5

Friday

---

6

Saturday

---

# August

7

Sunday

8

Monday

9

Tuesday

10

Wednesday

11

Thursday

12

Friday

13

Saturday

# August

---

14

Sunday

---

15

Monday

---

16

Tuesday

---

17

Wednesday

---

18

Thursday

---

19

Friday

---

20

Saturday

---

# August

---

21

Sunday

---

22

Monday

---

23

Tuesday

---

24

Wednesday

---

25

Thursday

---

26

Friday

Women's Equality Day

---

27

Saturday

---

# August

---

28

Sunday

---

29

Monday

---

30

Tuesday

---

31

Wednesday

---



## Health Care Access: Your health matters.

- Call 877-KIDS-NOW to learn about free or low-cost health insurance for your family.
- If you feel your doctor is not taking your concerns seriously, get a second opinion or consider changing doctors.
- Schedule your routine health checkup today.



# SEPTEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	Labor Day	6	7	8	9	10
Patriots Day	12	13	14	15	16	17
18	19	20	21	Autumn begins 22	23	24
25	26	27	28	29	30	

# September



## Prevention: It's better than a cure.

- Make sure you and your family's immunizations are up to date. Keep a record.
- Wash your hands often, especially when you are near others who are sick.
- Post emergency telephone numbers on your refrigerator.
- Schedule regular health screenings at the same time each year to help you remember them.

## Notes

---

---

---

---

---

1

Thursday

---

2

Friday

---

3

Saturday

---

# September

4

Sunday

5

Monday

Labor Day

6

Tuesday

7

Wednesday

8

Thursday

9

Friday

10

Saturday

# September

---

11

Sunday

Patriots Day

---

12

Monday

---

13

Tuesday

---

14

Wednesday

---

15

Thursday

---

16

Friday

---

17

Saturday

---

# September

---

18

Sunday

---

19

Monday

---

20

Tuesday

---

21

Wednesday

---

22

Thursday

Autumn begins

---

23

Friday

---

24

Saturday

---

# September

---

25

Sunday

---

26

Monday

---

27

Tuesday

---

28

Wednesday

---

29

Thursday

---

30

Friday

---



# OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Rosh Hashanah	Ramadan begins	6	7	8
9	Columbus Day	11	12	Yom Kippur	14	15
16	17	18	19	20	21	22
Daylight Savings ends (30)	Halloween (31)	25	26	27	28	29
23/30	24/31					

# October



## Violence Prevention: Empower yourself.

- Don't accept abuse. Get help from friends, a health care provider, or local women's shelter.
- Never accept a drink from a stranger or leave your drink unattended.
- Role-play with children about potentially dangerous situations and practice ways to respond.

## Notes

---

---

---

---

---

---

---

---

---

---

1

Saturday

---



# October



2

Sunday

3

Monday

4

Tuesday

Rosh Hashanah

5

Wednesday

Ramadan begins

6

Thursday

7

Friday

8

Saturday

# October

---

9

Sunday

---

10

Monday

Columbus Day

---

11

Tuesday

---

12

Wednesday

---

13

Thursday

Yom Kippur

---

14

Friday

---

15

Saturday

---

# October

---

16

Sunday

---

17

Monday

---

18

Tuesday

---

19

Wednesday

---

20

Thursday

---

21

Friday

---

22

Saturday

---

# October

---

23

Sunday

---

24

Monday

---

25

Tuesday

---

26

Wednesday

---

27

Thursday

---

28

Friday

30

Sunday

Daylight Savings ends

---

29

Saturday

31

Monday

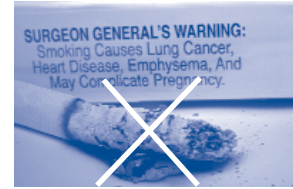
Halloween

---

# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Ramadan ends	
		1	2	3	4	5
6	7	8	9	10	Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	Thanksgiving Day	25	26
27	28	29	30			

# November



## Tobacco Use: Smoking—costly to your LIFE and your wallet.

- Talk with your children about the dangers of smoking.
- Support and encourage a friend or family member who is trying to quit.
- Make a list of 10 things to do with your money instead of smoking.
- Identify times of the day or situations when you are more likely to smoke and try to cut back.

---

# 1

Tuesday

---

# 2

Wednesday

---

# 3

Thursday

---

# 4

Friday

Ramadan ends

---

# 5

Saturday

---

# November



6

Sunday

7

Monday

8

Tuesday

9

Wednesday

10

Thursday

11

Friday

Veterans Day

12

Saturday

# November

---

13

Sunday

---

14

Monday

---

15

Tuesday

---

16

Wednesday

---

17

Thursday

---

18

Friday

---

19

Saturday

---



# November

---

20

Sunday

---

21

Monday

---

22

Tuesday

---

23

Wednesday

---

24

Thursday

Thanksgiving Day

---

25

Friday

---

26

Saturday

---

# November

---

27

Sunday

---

28

Monday

---

29

Tuesday

---

30

Wednesday

---

## Notes

---

---

---

---

---

# DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Christmas Chanukkah begins	Kwanzaa					New Year's Eve
25	26	27	28	29	30	31

# December



## Family: Get support from those who care.

- Turn off the television. Talk, play games, or read together instead.
- Create new family traditions and rituals that make being together more special.
- Mark on your calendar important dates for your friends and family. Call them on that day.
- Don't be afraid to ask for help or support if you need it.
- Make dinnertime a time to hear about your family's day.

---

1

Thursday

---

2

Friday

---

3

Saturday

---

# December

4

Sunday

5

Monday

6

Tuesday

7

Wednesday

8

Thursday

9

Friday

10

Saturday

# December

---

11

Sunday

---

12

Monday

---

13

Tuesday

---

14

Wednesday

---

15

Thursday

---

16

Friday

---

17

Saturday

---

# December

---

18

Sunday

---

19

Monday

---

20

Tuesday

---

21

Wednesday

Winter begins

---

22

Thursday

---

23

Friday

---

24

Saturday

---

# December

---

25

Sunday

Christmas  
Chanukkah

26

Monday

Kwanzaa

27

Tuesday

28

Wednesday

29

Thursday

30

Friday

31

Saturday

New Year's Eve